

AQSA ABDUL GHAFAR

CLINICAL PSYCHOLOGIST

DETAILS

Islamabad, Pakistan
0329-8479229 / 0309-6738673
aqsaaabdulghaffar765@gmail.com
aqsa.ghaffar765@gmail.com

SKILLS

Researcher
Fast Learner
Ability to Multitask
Leadership Skills
Assessment Skills
Management Skills

LANGUAGE

English (Excellent)
Urdu (Excellent)
Punjabi (Excellent)

Profile

Dedicated Psychologist with vast experience providing patients with innovative treatment to navigate psychological struggles. Committed to serving as an ongoing support through diagnosis evaluation, and implementation of treatment. Experienced in collaborating with other related services like lectureship and research.

Employment History

Visiting Lecturer at University of the Punjab

- August 2024-Present

Consultant Clinical Psychologist at Mental Health Care

- August 2023-Present

Visiting Lecturer at Lahore Garrison University

- February 2024-March 2025

Visiting Lecturer at Lahore Leads University (Manawan Campus)

- December 2024-May 2025

Visiting Lecturer at Lahore Leads University (Kalma Chowk)

- August 2024-April 2025

Consultant Clinical Psychologist at Roshni Association

- March 2023-July 2023

Trainee Clinical Psychologist at Lahore General Hospital

- October 2022 -February 2023

Trainee Clinical Psychologist at Bases Clinic Lahore

- March 2022 -September 2022

Trainee Clinical Psychologist at Lahore Jinnah Hospital

- June 2020 -September 2020

Educational History

M.S Clinical Psychology, Lahore Garrison University, Lahore

October 2021 – October 2023, Acculturation Stress, Social Interaction Anxiety, Communication Apprehension and Fear of Negative Evaluation Among Students of Other Provinces: Moderating Role of Perception of Teasing (Thesis)

M.Sc. Applied Psychology, University of the Punjab, Lahore

October 2019 - October 2021, Self disclosure, self-esteem and internet addiction among early adults (Thesis)

BS Honors Philosophy, University of the Punjab, Lahore

July 2016 - July 2020, Philosophy/Ethical Issues in electronic record keeping in health sector (Thesis)

Bachelors of Arts, University of the Punjab, Lahore

July 2017 - July 2019

F. Sc Pre Engineering, Govt.Degree College Mustafabad, Lahore

September 2014- September 2016

Matric, Prime Askari School, Lahore

July 2012-July 2014

Certificates/workshop

- Former volunteer at Fatmimid Foundation
- Women in Leadership: Achieving an equal future in Covid 19 World
- Forensic Psychiatry Workshop at General Hospital Lahore
- Examining Mental Status of Patients of all Medical and Allied Fields by Dr Altaf Qadir
- 1st International Conference of Social Sciences Research (ICSSR 2023)
- World Psychiatry Association continuing Professional Development
- Workshop on Navigating Through the Pandemic Physically, Mentally, Emotionally
- Workshop on Grooming and Soft Skills Management in the Pandemic

Published Articles

- CYBER CRIMES, ONLINE HEALTH CARE SYSTEMS AND MORALITY: JRSP, Vol. 59, No July 2022-September 2022
 - Machiavellianism, Perfectionist Self-Presentation and Decision Making in Leaders Applied Psychology Review (APR) Volume 1 Issue 2, Fall 2022
 - Weight-Based Teasing, Internalizing and Externalizing Behavioral Problems in Adolescents Forman Journal of Social Sciences-2023-Vol. 3, Issue 1 (June) June 2023
 - Substance-Induced Bipolar Disorder: A Comprehensive Case Study of a 24-Year-Old Male, UW Journal of Social Sciences, Volume 7, Issue 2, December 2024
-